



April 2022

Virtual Nutrition Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Presentation Support Group Hands-On Kid Activity Cooking Demo Virtual Store Tour	<p>Learn something new with our FREE Virtual Nutrition Events! Led by registered dietitians, we offer fun & educational events for the whole family.</p> <p>For full event descriptions & to register, visit www.bigy.com/LivingWell/GetSocial or Scan this QR Code.</p>				Budget Shopping with Canned Foods 11:00 AM – 12:00 PM	Kids Get Cooking: Peanut Butter and "Jelly" Smoothie Bowls 10:00 – 10:45 AM Understanding the DASH Diet 10:00 – 11:00 AM	
3 Utilizing Leftovers 2:00 – 3:00 PM	4 Chocolate 101 2:00 – 2:30 PM	5 Living with Diabetes 1:00 – 2:00 PM Kids Get Cooking: Buttermilk Biscuits 6:00 – 7:00 PM	6 Eating Behavior Management Series 4:00 – 5:00 PM Let's Get Cooking 101: Soup's On! 6:00 – 7:00 PM	7	8 Thrive with Nutritious Foods 10:00 – 10:45 AM	9	
10 Navigating the Oils Aisle 12:00 – 12:45 PM Managing Tummy Troubles 3:30 – 4:30 PM	11 Kids Get Cooking: Apple & Cheddar Grilled Cheese 11:00 – 11:45 AM Living with Diabetes 6:00 – 7:00 PM	12 Healthy Eating on a Budget 11:00 AM – 12:00 PM Budget Shopping with Canned Foods 6:00 – 7:00 PM Managing Tummy Troubles 6:30 – 7:30 PM	13	14	15	16	
17 Understanding Organic, Natural & GMO 3:30 – 4:30 PM Mindful Eating 7:30 – 8:30 PM	18 Budget Shopping with Canned Foods 1:00 – 2:00 PM	19 Navigating the Oils Aisle 10:00 – 10:45 AM Understanding Organic, Natural & GMO 6:30 – 7:30 PM	20 Kids Get Cooking: Buttermilk Biscuits 11:00 AM – 12:00 PM Eating Behavior Management Series 4:00 – 5:00 PM	21	22 Exploring the Mediterranean Diet 11:00 AM – 12:00 PM	23	
24 Keeping an Organized Kitchen 2:00 – 3:00 PM	25 A Review of Popular Eating Trends 10:00 – 11:00 AM	26 Herbs, the Spice of Life 1:00 – 2:00 PM Healthy Eating on a Budget 6:00 – 7:00 PM	27	A Review of Popular Eating Trends 4:00 – 5:00 PM Let's Get Cooking 101: Oh Boy! Soy! 6:00 – 7:00 PM	28 Kitchen Staples for Easy Meals 3:00 – 4:00 PM	29	30